# COURSE OUTLINE APPLIED TEACHING OF SPECIALTY REHABILITATION TRAINING IN MUSCULOSKELETAL INJURIES AND DISEASES

## 1. GENERAL

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| **SCHOOL** | PHYSICAL EDUCATION, SPORTS SCIENCE AND OCCUPATIONAL THERAPY | | |
| **DEPARTMENT** | PHYSICAL EDUCATION AND SPORT SCIENCE | | |
| **LEVEL OF STUDIES** | ISCED level 6 – Bachelor's or equivalent level | | |
| **COURSE CODE** | C660 | **SEMESTER** | **8th** |
| **COURSE TITLE** | APPLIED TEACHING OF SPECIALTY REHABILITATION TRAINING IN MUSCULOSKELETAL INJURIES AND DISEASES | | |

| **TEACHING ACTIVITIES** *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.* | **TEACHING HOURS PER WEEK** | **ECTS CREDITS** |
|---|---|---|
| | 3 | 6 |
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| *Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.* | | |

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| **COURSE TYPE** *Background, General Knowledge, Scientific Area, Skill Development* | Scientific Area |
| **PREREQUISITES:** | YES |
| **TEACHING & EXAMINATION LANGUAGE:** | Greek |
| **COURSE OFFERED TO ERASMUS STUDENTS:** | NO |
| **COURSE URL:** | https://eclass.duth.gr/courses |

## 2. LEARNING OUTCOMES

**Learning Outcomes**

*Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.*

After completing this course, students will be able to:

- *Apply injury prevention programs to athletes of various sports*
- *Apply functional rehabilitation programs to injured athletes*
- *Apply rehabilitation programs in water for acute injuries and chronic musculoskeletal diseases*
- *The purpose of the course is to familiarize students with injured athletes and trainees. Students, upon completing the applied specialty teaching, have the ability to apply prevention and rehabilitation programs in practice and to know the specifics of their application.*

**General Skills**

*Name the desirable general skills upon successful completion of the module*

*Search, analysis and synthesis of data and information,*
*ICT Use*
*Adaptation to new situations*
*Decision making*
*Autonomous work*
*Teamwork*
*Working in an international environment*
*Working in an interdisciplinary environment*
*Project design and management*
*Equity and Inclusion*
*Respect for the natural environment*
*Sustainability*
*Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
*Critical thinking*
*Promoting free, creative and inductive reasoning*

| *Production of new research ideas* |
|---|
| *Search, analysis and synthesis of data and information, ICT Use*<br>*Adaptation to new situations*<br>*Decision making*<br>*Project design and management*<br>*Demonstration of social, professional and moral responsibility and sensitivity to gender issues*<br>*Critical thinking*<br>*Promoting free, creative and inductive reasoning* |

## 3. COURSE CONTENT

1. *Implementation of muscle and ligament injury prevention programs I*
2. *Implementation of muscle and ligament injury prevention programs II*
3. *Implementation of muscle and ligament injury prevention programs III*
4. *Implementation of functional rehabilitation programs for injured persons after ligament injury in the knee joint*
5. *Implementation of functional rehabilitation programs for injured persons after ligament injury in the knee I*
6. *Implementation of functional rehabilitation programs for injured persons after ligament injury in the knee II*
7. *Implementation of functional rehabilitation programs for injured persons after ligament injury in the knee III*
8. *Implementation of functional rehabilitation programs for injured persons after muscle injury in the hamstrings*
9. *Implementation of functional rehabilitation programs for injured persons after muscle injury in the adductor muscles*
10. *Implementation of functional rehabilitation programs for injured people after muscle injury to the anterior femoral muscles*
11. *Implementation of water rehabilitation programs using equipment in the deep pool*
12. *Implementation of water rehabilitation programs using equipment in the shallow pool*
13. *Implementation of water rehabilitation programs for chronic musculoskeletal problems*

## 4. LEARNING & TEACHING METHODS - EVALUATION

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| **TEACHING METHOD**<br>*Face to face, Distance learning, etc.* | Face to face<br>Practical part | |
| **USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)**<br>*Use of ICT in Teaching, in Laboratory Education, in Communication with students* | Use of ICT in Teaching and Communication with Students<br>a. digital slides<br>b. video<br>c. MsTeams/ e-class, webmail | |
| **TEACHING ORGANIZATION** | ***Activity*** | ***Workload/semester*** |

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| *The ways and methods of teaching are described in detail.*<br>*Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.*<br><br>*The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.* | Lectures: 39<br>Bibliographic research & analysis: 58<br>Project: 23<br>Study / creation: 30<br>Total: **150** |
| **STUDENT EVALUATION**<br>*Description of the evaluation process*<br><br>*Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam,*<br>*Presentation in audience, Laboratory Report,*<br>*Clinical examination of a patient, Artistic interpretation, Other/Others*<br><br>*Please indicate all relevant information about the course assessment and how students are informed* | Project 40%<br>Project presentation 20%<br>Practical exam 40% |

## 5. SUGGESTED BIBLIOGRAPHY


1. *Korres D. Lyritis G., Soukakos P. (2016). Physiotherapeutic interventions in the musculoskeletal system (techniques for therapeutic exercises). Pub. Konstantaras I.*
2. *Cartwright L., Peer Kimberly (2021). Fundamental principles of rehabilitation training, Pub. Konstantaras I.*
3. *Brotzman B., Manske R. (2015). Orthopedic rehabilitation in clinical practice, Pub. Konstantaras I.*
4. *Hoogenboom, Voight, Prentice (2016). Physiotherapy interventions in the musculoskeletal system (techniques for therapeutic exercises), Pub. Konstantaras I.*
5. *Norm A., Hanson B. (2001) Therapeutic exercise in water. Pub Parisianou*


# ANNEX OF THE COURSE OUTLINE

## Alternative ways of examining a course in emergency situations

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| **Teacher (full name):** | Asimenia Gioftsidou, Professor |
| **Contact details:** | agioftsi@phyed.duth.gr |
| **Supervisors:** (1) | NO |
| **Evaluation methods:** (2) | Written examination with distance learning methods (100%) |
| **Implementation** | The examination in the course will be carried out in subgroups of users in |

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| **Instructions:** (3) | the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat.<br>The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.<br>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.<br>Each student should answer multiple choice questions. Each of the questions is graded from 0.5 to 2.0 points depending on the question category. |